



www.InspiringActions.com

715.381.3148

help@inspiringactions.com

INSPIRING ACTIONS
Yoga

Upcoming Events:

Yoga 101 - River Falls

Tues, Jan 3-24th, 7:00-8:15pm

This 4-week series is for people who have never done yoga before or have limited experience. You will explore the history of yoga and discover its many benefits! Each class has 20 min of discussion and 55 min of yoga. Yoga 101 will prepare you for any beginning level class. 4-week series/\$48.

Yoga for Pregnancy River Falls & Virtual

Wed, Jan 4-25th, 5:30-6:30pm

A yoga class for all stages of pregnancy and levels of yoga experience welcome taught by the highly trained birth doulas of Encompass Birth & Wellness. Fee 4-week series/\$68. Drop in \$22/class

Yoga w/Babies River Falls, Thurs Jan 5-26th, 9:30-10:15am. For babies 6 weeks up to crawling.

Healing Sound Bath Hudson

Sun, Jan 8th, 1-2pm with Pam

Use sound to clear your mind & relax your body which will allow your body to have the space to heal itself. No experience needed. Fee: \$22

Free Karma Gentle Yoga

Sat, Jan 14th, 9:30-10:30am HUDSON

Sun, Jan 15th, 4:00-5:00pm RIVER FALLS

It's important to give back to the community & create opportunities for those that may not have the financial means to take a yoga class. FREE!

Day Retreat: Yoga + Vision Boards

Sat, Jan 14th, 9-5pm *limited to 6 people*

A local retreat that has everything you need to recharge! Included is a 30 min massage, The Vision Board Book, Nature Walk, Morning Yoga Class, Nutritious Lunch, Yoga Nidra & MORE. Sign up by 12/31 for the early bird price of \$209.

Serenity Roots Drum Circle RIVER FALLS

Sat, Jan 28th, 11:15am-12:15pm

Group drum circle to have fun, relax, align body and mind, boost immune system. No experience needed. Drums provided. Fee: \$15

What's Dana Reading?

We will be discussing "Lessons in Chemistry" Free and open to everyone. Check Events page for date/time.

Happy 15 Year Anniversary Inspiring Actions!

Sat, Jan 28th

Hudson & River Falls Studio Schedule Jan 2 - Feb 5

Monday			
9:30-10:30a	Mixed Level	Hudson & Virtual	Nealee
5:45-6:45p	Mixed Level	River Falls	Monica
6:00-7:00p	Yoga for Hips + Glutes	Hudson & Virtual	Tracey
7:00-8:00p	Calming Candlelight Flow	River Falls	Monica
Tuesday			
8:15-9:00a	Beginning Barre	Hudson	Dana
9:30-10:30a	Gentle Yoga	Hudson & Virtual	Sam
12:15-1:00p	Lunchtime Yoga	River Falls & Virtual	Tracey
4:30-5:30p	Strength and Stretch	River Falls	Kelsey
5:45-6:45p	Core & More	River Falls & Virtual	Kelsey
6:15-7:15p	Lukewarm Detox Flow	Hudson	Deb
Wednesday			
8:15-9:15a	Core & More	Hudson & Virtual	Dana
9:30-10:30a	Gentle Yoga	River Falls & Virtual	Nealee
12:15-1:00p	Lunchtime Yoga	River Falls	Monica
5:30-6:30p	Yin Yoga	Hudson	Tori
5:30-6:30p	Yoga for Pregnancy	River Falls	Nealee/Kelsey
6:45-7:45p	Gentle Yoga	River Falls	Nealee/Kelsey
6:45-7:45p	Lukewarm Strength & Stretch	Hudson	Tori
Thursday			
8:00-9:00a	Mixed Level Yoga	Hudson & Virtual	Deb
9:30-10:30a	Hatha I Yoga	Hudson & Virtual	Lucy
10:45-11:45a	Chair Yoga	River Falls	Jackie
5:30-6:15p	Barre Yoga Express	Hudson	Kelsey
6:00-7:00p	Mixed Level	River Falls & Virtual	Ashley/Ali
Friday			
9:30-10:30a	Mixed Level	Hudson	Dana
9:30-10:30a	Gentle Yoga	River Falls & Virtual	Jackie
10:45-11:45a	Somatic Movement	River Falls	Jackie
5:45-6:45p	Restorative Yoga	Hudson & Virtual	Angela
6:00-7:00p	Detox Flow	River Falls	Ali/Shannon
Saturday			
8:00-9:00a	Mixed Level	Hudson	Jen
9:30-10:30a	Flow & Restore	River Falls & Virtual	Tovah
9:30-10:30a	Gentle Yoga	Hudson	Tracey
Sunday			
9:00-10:00a	Lukewarm Stretch	Hudson & Virtual	Angela
10:00-11:00a	Mixed Level	River Falls	Anjelica
4:00-5:00p	Flow & Restore	Hudson	Tori

IA Memberships and Class Packages

We are a part of the \$20 Fitness Reimbursement Program

New Student Special

4 Weeks for \$59

Drop-in Options

		<u>Senior (60+)/Student</u>
Single Class.....	\$25	\$20
10-Class Package.....	\$180	\$144

Unlimited Options

Unlimited Monthly	\$129	\$109
Unlimited Monthly Family.....	\$189	
Unlimited Annual	\$1297	

Flex Plan

Flex - 5 classes/month.....\$79

Traveler

7 Consecutive Days for \$57

New To Yoga? Try Yoga 101

An Introductory Series with Tracey Mortensen

We invite you to dip your toes into the healing waters of yoga. We are offering a four week introductory series for people who are new to yoga. **Yoga 101** is designed for those who want an introduction to the physical, mental and spiritual benefits of yoga. In our intimate and friendly environment, you'll learn the history and benefits of yoga and gently be guided into your own physical yoga practice. Please wear comfortable clothing and bring water bottle. We provide the rest!

Cost: A discounted/prepaid rate of \$48
(\$85 Value) **Pre-registration is required**

Call 715-381-3148 or
email help@inspiringactions.com with any questions or to register.

Brief Description of Classes

(visit website for a more thorough explanation)

Beginning Yoga: An introduction to basic poses that flow together. Build strength, increase flexibility, reduce stress.

Chair Yoga: Gentle yoga poses to relax and improve mobility, balance and strength. Done seated in the chair or standing using chair for balance.

Detox Flow: Focuses on postures and sequences to improve digestion and facilitate the release of toxins.

Flow & Restore Yoga: Flowing poses to warm up the body followed by a time of props and supported poses to relax and renew the body.

Gentle Yoga: Slow, soft exploration of postures, breath, and stretching.

Hatha Yoga: Our Hatha Yoga classes are for students of all skill levels. They are moderately paced classes that incorporate gentle asanas and lots of breath work.

Heated Yoga: This grounding practice is sure to build patience, will power, determination, and confidence. Yoga classes held in Studio B heated to 95°.

Karma Yoga: Free gentle yoga class- 2nd Saturday of each month at our Hudson Studio and the 3rd Sunday of each month at our River Falls Studio.

Lunchtime Yoga: A 45-minute class designed so you can head right back to work.

Mixed Level Yoga: An ideal class to both challenge and relax you.

Power Vinyasa Yoga: An advanced class designed to challenge and inspire you.

Restorative Yoga: This nourishing, restorative, and relaxing yoga class is the essence of relaxation. With the lights low and supportive props, you will yield into long, slow, deep holds that will melt away tension and leave you feeling relaxed and renewed.

Yin Yoga: Need to calm the mind and body? Reduce your stress and anxiety with our Yin Yoga classes.

Core & More: Focuses on strengthening core muscles with another area of the body.

Yoga Express: An ideal 45-minute class to both challenge and relax you.

Yoga for Pregnancy: Did you know yoga lowers the risks for you and your baby? Join us for a yoga for pregnancy class!

Vinyasa Yoga: Challenging poses done in quick succession that will increase your stability and balance.

Other Services

Corporate Wellness

Provides a unique opportunity for employers to participate in their employee's health and wellbeing. Our certified and highly skilled yoga instructors will help to both relax and energize the minds and bodies of your staff, reduce tension, relax the body, and clear the mind of job-related pressure and stress.

Hypnotherapy

Tracey Mortensen, Certified Hypnotherapist
By appointment only. Pricing:
\$80, 90 minute initial consultation/session
\$80, 60-75 minute session
\$225, for 3 prepaid sessions
EMAIL: tracey@inspiringactions.com
Call or Text: (651) 497-6753

Private Yoga Parties

Birthday? Girl's Night? Couples Night?
Celebrate your special event with a private yoga party. It's a 75 minute class! \$20-25 per person with a 5 person minimum.

Private Yoga

Tracey, E-RYT 200, RYT 500, is now accepting private yoga clients. Why private yoga? You will have dedicated time to work specifically on your goals. We can work on poses, meditation, visualization, breath, etc.

1 hour session \$95

3-pack \$255

Email help@inspiringactions.com if interested.

help@InspiringActions.com - 715.381.3148 - www.InspiringActions.com

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